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NOW-at last-a new, scientific idea which guarantees you can lose as much weight as you wish-or you DON'T PAY A PENNY! The wonderful part is that it is so simple . . . so very easy and safe to lose those ugly, fatty bulges on hips, abdomen, chin, neck, bust, arms, thighs, legs, etc. The results of lost weight by normally overweight men and women are really amazing. No hardship, no exhausting exercises, drugs or laxa-

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available carbohydrates. Just chew this delicious gum and reduce with the Doctor's Plan. If your heart's desire is a slender, beautiful attractive figure-if you want more popularity, friends, romance-then start today! Doctor's Plan will amaze you. Try it for only 10 days, then step on the scale. You will hardly believe your eyes. The important thing is to start . . . so MAIL COUPON BELOW TODAY

A full 12-day supply package will be given FREE with each order of 24-day supply for \$2.00.

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Skinny Girls Don't Have OOMPH!

It takes those extra lbs. of solid flesh to "bring out" your natural curves

If you're otherwise healthy but skinny, scrawny, rundown and lbs. underweight, try correcting this common mistake in eating.

THERE are three essential substances that many thin, scrawny and undernourished girls may fail to get in sufficient quantity from the food they eat. These substances are Vitamin B1, calcium phosphate and iron. If, like thousands of others, you are underweight without organic cause . . . never seem to gain a pound . . . are so thin that you look gangling and gawky from insufficient amounts of these precious elements, don't get discouraged.
You may find that by correcting this

simple mistake in eating you can easily add firm solid flesh . . . extra alluring pounds that help bring out those natural eye-catching curves. A simple and easy way is to try the amazing new product called Numal that supplies, in significant amounts, the Vitamin B1, calcium phosphate and iron needed in the daily diet. Plus a food that in itself is a great help in adding extra pounds.

Take I heaping teaspoonful of Numal

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. . . a skinny, scrawny body is no asset in social or business life. Give NUMAL a chance to build you up, put firm flesh on you.

and easy to take. You will get the equivalent in Vitamin B1 content of 34 cakes of average moist baker's yeast . . . the iron equivalent of 15 pounds of tomatoes or 1½ pounds of spinach or 9 pounds of boiled beets...and the calcium equivalent of 45ths pint of fresh cow's milk, the phosphorus content of 1 glass.

Remember, if you don't get a suffi-cient quantity of Vitamin B₁ in your daily diet, you may suffer loss of appe-tite. And without sufficient iron, the element that helps build rich red blood,

If loss of weight persists see your doctor

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Numal Must Please You or No Cost So if you are skinny, gangling and bony from lack of these precious nutrients, don't wait any longer. Get Numal today. You will want those extra pounds that "bring out" your natural eye-catching curves. Take Numal faithfully for a week. See if you can't actually feel the difference . . . gain weight and better color. If after this short period you honestly don't feel Numal has benefited you, just return the bottle for a complete refund of your money. Numai costs but a few cents a day to use.

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WHEN WAS GIRL



























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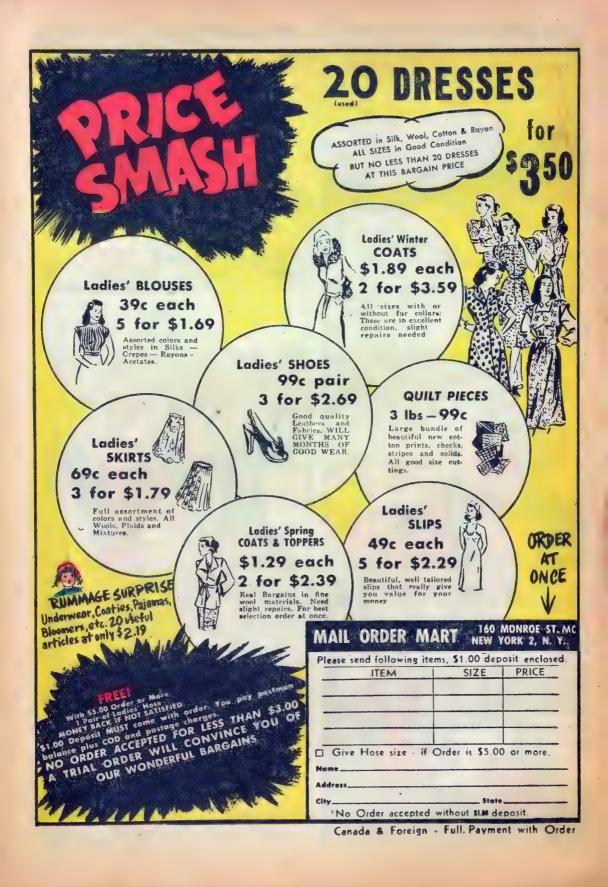


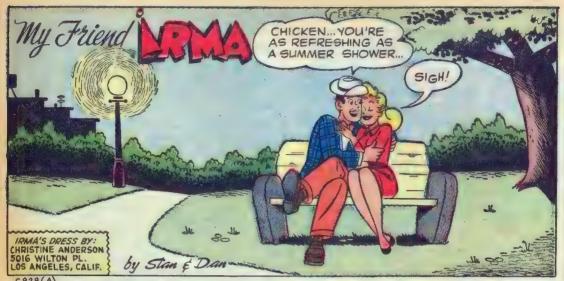




























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-C.G.H., New Hampshire

"Now I can play sheet music beautifully."

-E.S , New York

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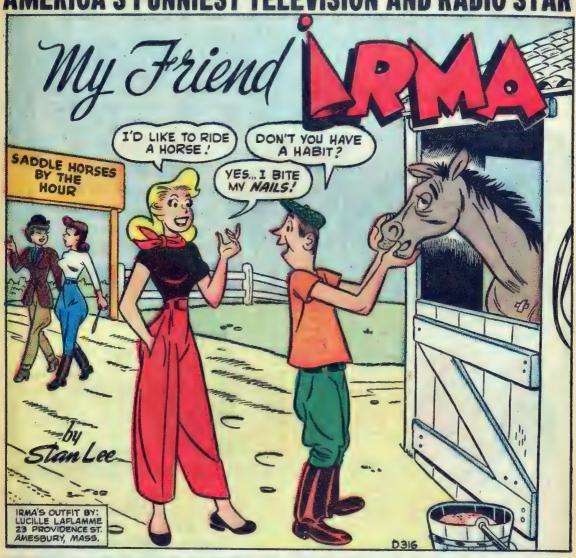
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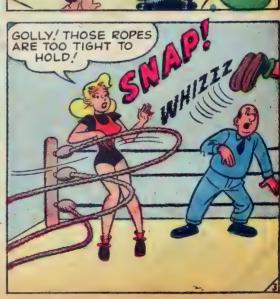






























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